

Butter Pecan Ice Cream, Vegan



Makes 7, ½ cup servings

Total time: 1 hour with ice cream maker
3-4 hours without ice cream maker

Ingredients

1 Cup almond milk, split
2 Cups almond creamer
2 Tablespoons arrow root
2 Tablespoons non-dairy butter (Kroger sells this)
½ - ¾ Cup maple syrup
1 Teaspoon maple extract
¾ cup chopped raw or roasted pecans

Preparation

Dissolve arrow root in ¼ cup of the almond milk. Place the rest of the milk, creamer, maple syrup, non-dairy butter, and maple extract in a medium sized pot and bring to a boil, stir continuously. After mixture has boiled stir in the liquefied arrow root. The mixture will thicken. Remove from the heat. Place in freezer container and freeze for 3-4 hours until frozen. To shorten the time, I place the mixture into the freezer for 30 minutes to cool down, then pour it into my ice cream maker and let it churn for 30 minutes. Enjoy!

By Pauline Maddox, AGNP, RN

Five Minute Chocolate Ice Cream



Makes 2 servings

Total Time: 7 minutes

Ingredients:

2 large bananas, frozen (see note)

1 teaspoon vanilla

2 tablespoons soy, hemp or almond milk

2 regular dates or 1 medjool date, or ½ tablespoon honey

1-2 tablespoons unsweetened cacao powder

Instructions:

Add non-dairy milk, vanilla, dates and cocoa powder to a high-powered blender and start to blend. Drop frozen banana pieces in slowly. Add additional non-dairy milk if needed to reach desired consistency.

Note: Freeze ripe bananas at least 8 hours in advance. Peel bananas and seal in a plastic bag before freezing.

Originally called Jana Banana Chocolate Ice Cream

By <https://www.drfuhrman.com/recipes/1400>

Strawberry Ice Cream



Makes 2 servings
Total Time: 5 minutes

Ingredients

1 frozen banana
10 large strawberries
2 tablespoons almond milk
Drizzle of honey

Preparation

Place all ingredients in a high speed blender. Blend until smooth. If you have a Vita Mix, turn it on the dessert setting and machine will turn off when it is finished (about 5 minutes).

Tip: Add a squeeze of fresh lemon or lime juice and/or zest for a tangy flavor.

By Pauline Maddox, AGNP, RN

Zipzicles



Ingredients

Your favorite smoothie or fruit

Preparation

Blend up your favorite smoothie or fruit. Using a funnel, fill up zipzicle bags leaving room at the top for expansion. Freeze for 1 hour or until completely frozen. Enjoy!

Zipzicle bags can be bought on line.

By Pauline Maddox, AGNP, RN